

## NAMIWalks 2010—It's Twice the Fun!

NAMIWalks is ready for another year of friend-raising, fund-raising, and mental health awareness! The dollars raised for these events support the mental health services and programs being provided to thousands of families across America. In Maryland, these programs include support, education, research and advocacy involving schizophrenia, bipolar disorder (manic depression), major depression, obsessive-compulsive disorder and severe anxiety disorders. Walks are organized all over the country, and this year NAMI Maryland is holding TWO of their very own!



Last year's walk at the University of Maryland, College Park was a thrilling success, so we are proud to announce an additional location near the Maryland Zoo in Druid Hill Park, Baltimore. Both walks will be held on Saturday, May 1st, 2010. The College Park Walk will give a scenic tour of the historic campus while the Baltimore Walk will include views of Druid Lake and the Baltimore Conservatory. Distances for both walks are approximately 2 to 2-1/2 miles. Walkers can enjoy food, music, and fun activities on their return!

Registration for the Walks is available online at [www.nami.org/NAMIWalks](http://www.nami.org/NAMIWalks)

### Saturday, May 1, 2010

#### Baltimore— Maryland Zoo

8:00 AM Registration

9:00 AM Walk

Distance: 2.5 miles

#### University of Maryland—College Park

11:00 AM Registration

12:30 PM Walk

Distance: 2 miles

There is no walker registration fee. All participants are encouraged to collect donations from family members, friends, co-workers and business associates in support of their participation in the event.

Participants are free to register as an individual walker, create a team, or join an existing team. Teams are a great way to pull together family, friends, or coworkers to achieve larger goals and have lots of fun!

For team captains, Kickoff Events were held to provide more fundraising information, team-building opportunities, and great food!

For more details on the Maryland NAMIWalks locations, forming a team, or sponsorship opportunities, please contact [marylandwalk@gmail.com](mailto:marylandwalk@gmail.com) or Monica Anderson at 410-884-8691.

We hope you join us for a Walk!



# nAMI Walks

National Alliance on Mental Illness



# 2010



## From the Director's Desk

### Lynn H. Albizo



It is time again for NAMI Maryland's signature spring event- NAMIWalks. NAMIWalks raises awareness about mental illness to the public and helps to support the wonderful programs and services provided by NAMI Maryland and our NAMI affiliates throughout the state. This year on May 1, 2010, we will be holding walks in two locations. One will be held at the Baltimore Zoo, Druid Hill

Park in Baltimore in the morning and the other will be at the University of Maryland, College Park in the afternoon. I encourage everyone to form a team and pick whichever location is more convenient for you. You can begin helping with the Walk now by asking businesses that you have a relationship with to sponsor the Walk or to make matching donations to your team. This year, as the economic times are so challenging, your participation in the Walk is more important than ever.

In addition to gearing up for the Walk, this time of year is very busy on the advocacy front. In January, we held a very successful Mental Health Advocacy Day. NAMI members gathered for a presentation and then visited legislators to educate them about the needs of individuals with mental illness and their families. We talked with legislators to ensure that no cuts are made to the Mental Hygiene Administration Budget and to support a tax on alcohol that would fund mental health, substance abuse, developmental disabilities and Medicaid expansion. Later NAMI joined other advocates in a rally on Lawyer's Mall to voice our support of these issues. The bill supporting the alcohol tax is called the Lorraine Sheehan Health and Community Services Act of 2010. Lorraine, who passed away in 2009, was a former legislator and a tireless advocate for persons with disabilities for many years.

NAMI Maryland continues to work on the state budget and other issues affecting persons with mental illness as we advocate in Annapolis. We testify on issues that include parents' rights in special education meetings, ensuring the provision of health care to runaway youth, requiring that medications are provided to persons released from jail and ensuring fair rates for mental health workers. A number of family members have joined me in Annapolis to testify about their experiences and how the passage of a bill might improve their situation.

The involvement of NAMI members in NAMIWalks, Annapolis and other public venues brings the issue of mental illness to the forefront. By speaking out we are reducing stigma and helping people to get the treatment they need to live healthy lives. Together we are making a difference.

## From the President's Desk

### Janet Edelman



Why I walk for NAMI (in a somewhat random order):

*Mental illness has taken a toll on my family and I need ways to fight this illness.*

*The Walk has become an annual event for me and my team members and we all look forward to being together for the day.*

*I enjoy seeing people walking with their dogs or pushing baby carriages.*

*The Walk is a way to inform the general public about mental illness and NAMI.*

*NAMI has helped my family and I want to help NAMI.*

*I need the exercise.*

*Walking for NAMI reduces the stigma of mental illness. It is an illness like any other.*

*I can involve my friends and family in helping an organization I strongly support.*

*My letter to my friends and family gives me a way to educate and inform, and to let them know how we are doing.*

*To support NAMI, which advocates for my family at the national, state and local levels.*

*I like being out for the day with close friends and family.*

*I get to see so many of the good friends I have made through NAMI Maryland.*

*NAMI needs the money to continue its great programs.*

*I enjoy visiting the Walk locations on a spring day.*

*My Walk team walks to honor my brother who has persevered despite his illness.*

*My Walk letter and the Walk website give me an easy way to ask my friends, family, neighbors and the businesses I frequent to help a great cause.*

*I really like the balloons and the Dixieland band.*

*I enjoy checking out the creative designs on Walk team T-shirts.*

*There is a good chance that the president of NAMI Maryland will get her picture taken with Mickey Mouse or other visiting dignitaries.*

*I can wear my NAMIWalks T-shirt with pride for the rest of the year, knowing that I was part of something important.*

I will be at both the Baltimore and College Park Walks on May 1st. Will I see you there?

# THE EVIDENCE-BASED PRACTICE OF SUPPORTED EMPLOYMENT

Meka McNeal, Supported Employment Consultant/Trainer and Eileen Hansen, Director, University of Maryland Evidence-Based Practice Center

*(This article is a continuation in a series of articles on the Evidence-Based Practices that are being implemented in Maryland. Maryland has received national recognition not only for its success in implementing these practices, but also for the outcomes that are being achieved for consumers and their families.)*

## What does it mean to receive Supported Employment services through the Evidence-Based Practice (EBP) service approach?

It means that consumers enrolled in an EBP Supported Employment program receive direct assistance with their employment goals. They receive assistance with searching for competitive employment in their own communities. They find jobs that pay minimum wage or more, and they receive ongoing job coaching and retention support to help maintain employment. Consumers also get personalized benefits counseling to understand more fully about the work incentives available which allow them to keep important benefits like medical assistance.

EBP Supported Employment means that job placements are based on the skills, abilities and individual preferences of the consumer. These are jobs that hold real meaning for individuals - jobs that really highlight who they are as a person. Frequently people are identified by “what they do,” and when an individual has mastered the task of searching for and obtaining employment, a sense of accomplishment is achieved. The next step is to master that position. That individual may then become a radio disc jockey, a counselor, a stock clerk, a library assistant - the list goes on. These jobs offer individuals a sense of responsibility and commitment to themselves, as well as empower them to take on even more productive roles in their communities and in their relationships.

Under the EBP Supported Employment approach, if an individual terminates his or her employment, regardless of the reasons, the supported employment team will continue to work with that individual to develop the skills needed to attain subsequent goals, future success, or desired next steps. All experiences are considered a success in that they provide “lessons learned” about how to make improvements in order to achieve higher goals.

Maryland’s successful efforts to improve vocational outcomes for people with mental illness has been possible because of the dedicated commitment from the leaderships of the Mental Hygiene Administration (MHA), the Core Service Agencies (CSA), the Division of Rehabilitation Services (DORS) and the University of Maryland’s Evidence-Based Practice Center. Since the beginning of this initiative, Maryland has seen outcomes improved to the point

that approximately 60% of consumers enrolled in EBP Supported Employment programs are competitively employed.

This highly acclaimed effort began in 2001, when MHA established the Evidence-Based Practice Center at the University of Maryland. In 2002, in collaboration with the MHA, CSAs and DORS, the state began implementing the EBP service approach to Supported Employment. This allowed individuals with severe psychiatric disabilities being served by Maryland’s Public Mental Health System the opportunity to benefit from this research-based approach, which had been shown to produce better outcomes than other supportive vocational methods.

When a program follows the EBP approach with faithfulness (also known as fidelity), providers, consumers and families have seen that it produces superior results. This has been demonstrated both nationally and throughout programs in Maryland. Supported Employment programs that implement this service approach must adhere to the principles and strategies outlined in a “toolkit” produced by experts in the field in order to attain a “high fidelity” status. To emphasize the importance of carefully following the principles of the EBP, MHA hired two state monitors who have each been trained to assess programs using a fidelity scale created by national experts. These fidelity monitors make annual- or more frequent, if needed- site visits to assess programs and determine their level of fidelity. Programs that achieve high fidelity are then able to bill at an enhanced rate until their next annual assessment.

**Maryland’s MHA was awarded a national Science and Service Award in 2007 by SAMHSA**

*Continued on page 6*

Local NAMI Maryland Affiliates	
NAMI Allegany .....	301-724-2866
NAMI Anne Arundel .....	443-569-3498
NAMI Carroll .....	410-857-3650
NAMI Cecil .....	443-955-4963
NAMI Frederick .....	240-379-6186
NAMI Harford .....	410-879-0111/410-893-4968
NAMI Howard.....	410-772-9300
NAMI Lower Shore.....	410-208-3328
NAMI Metro Baltimore.....	410-435-2600
NAMI Montgomery.....	301-949-5852
NAMI Prince George’s.....	301-429-0970
NAMI Southern MD.....	301-904-9926
NAMI Washington.....	301-824-7725

## On Your Mark, Get Set, GO!

### The Maryland NAMIWalks Kickoff Events

This is an exciting year for NAMI Maryland! We have been fortunate enough to host the annual NAMIWalks again this year in Prince Georges County and will be having a second walk in Baltimore City, both on May 1, 2010. To celebrate and kick off the two walk sites, we held two exciting events in March.

On Tuesday, March 2, 2010, Baltimore's Mayor, the Honorable Stephanie Rawlings-Blake, came to give greetings of inspiration and support for NAMIWalks. Gathering at 7:30AM at Cylburn Arboretum, dedicated participants in NAMIWalks for the Mind of America launched the first Walk site in Baltimore to "friend- and fund-raise." Having worked in the Mental Health Court as a Public Defender in Baltimore City, Mayor Rawlings-Blake shared her belief in the importance of mental healthcare, treatment and criminal justice diversion. Kate Farinholt, Executive Director of NAMI Metro Baltimore, brought greetings and among others, introduced us to Stacy Furling, the representative of CIGNA and the new NAMI Metro-Baltimore Business Chair.



*From left to right: Nollie Wood, Jr., Janet Edleman, Lynn Albizo, Sharon Green Middleton, Mayor Stephanie Rawlings-Blake, Jim Chambers, Kate Farinholt and Monica Anderson*

Continuing the celebrations, on Thursday, March 4, 2010, a lovely kickoff luncheon was held at the Sheraton Hotel in Beltsville, Maryland. Participants were able to ask questions, learn how to fundraise successfully and gather materials to get started in building teams. Monica Anderson, with Stacy Harrison in Baltimore and Erica Sullivan in Beltsville, demonstrated how to get friends and co-workers involved in the Walk. At both events, NAMI Maryland Executive Director Lynn Albizo brought

greetings, and guest speaker Jim Chambers of Maryland's Mental Hygiene Administration (MHA) spoke of the MHA's support of the Walk. President Janet Edelman of NAMI Maryland's Board of Directors shared why she walks and what makes it special to her. In 2010 we will see nearly 80 NAMIWalks across America. This is the eighth year that Maryland has walked to change the mind of America. It is the first year that we will walk in Baltimore. The common goal is to make America a better place for people with brain disorders through education on mental illnesses and improved system-wide treatment opportunities.

NAMIWalks is sponsored in part by CIGNA and Maryland Department of Health and Mental Hygiene's Mental Hygiene Administration, as well as many other wonderful sponsors and partners. Visit our websites at <http://www.nami.org/namiwalks/MD> and <http://www.nami.org/namiwalks/MD/Baltimore> for a complete listing of our sponsors to date.



## PROGRAM OVERVIEW

**NAMI Maryland offers an array of education, support, training programs and services for consumers, family members, providers and the general public.**

### EDUCATION PROGRAMS

Currently, there are over twenty NAMI educational courses being offered throughout the state of Maryland. All of the participating affiliates do a phenomenal job with recruiting and marketing for these courses.

Peer-to-Peer is a free course for consumers containing individual relapse prevention planning, a debriefing/storytelling week, and an advance directive for psychiatric care.

In February 2010 a three day Peer-to-Peer mentor training was held in Linthicum, MD. Thanks to all of the affiliates sending out participants and my committed trainers eight new mentors graduated and will be teaching the course soon.

An updated edition of the Peer-to-Peer program was released to all participating NAMI state and affiliate chapters in February 2010. Prior to its release the new edition of Peer-to-Peer was piloted in NAMI Metro Baltimore, and NAMI Montgomery and Howard Counties, and we are very excited to expand it to all of the nine participating affiliates.

Family-to-Family is a free, twelve-week course for family caregivers of individuals with severe mental illnesses that discusses the clinical treatment of these illnesses and teaches the knowledge and skills that family members need to cope more effectively. Ten affiliates currently offer this invaluable course and some offer it in Spanish.

The February 2010 Family-to-Family teacher training was cancelled due to the recent snow storm and has been rescheduled for March 2010.

NAMI Maryland's Healthy Hearts and Minds is a program that educates consumers, their families and the community on the connection between mental and physical health. The program intends to provide effective strategies for living a healthy lifestyle and education for those wanting to discover the possibilities of health and wellness for their loved one. In February 2010 NAMI Howard County debuted Healthy Hearts and Minds at Humanim in Columbia. The course was well received by all participants and is scheduled to be offered again in March 2010.

#### **NAMI Maryland's charity designation numbers:**

**4186:** The Maryland Charity Campaign for State Employees and Retirees (private and state donors) & Central Maryland-Private Sector

**80114:** Combined Federal Campaign of the National Capital Area

**8568:** The United Way

### SUPPORT PROGRAMS

As one of NAMI's central missions, support groups are the backbone of grassroots outreach to those coping with the stresses of serious and persistent brain disorders.

NAMI Maryland currently has over twenty-five support groups for both family members and individuals living with mental illnesses offered in our affiliates.

NAMI Connection is a recovery support group program for adults living with mental illness. There are thirteen groups presently running in Maryland.

In January 2010 a NAMI Connection Recovery Support Group training was held in Linthicum, MD. Thank you to the three trainers and all sixteen graduates for participating.

For more information on attending one of the education or support programs offered by NAMI Maryland or becoming a facilitator please go to our website [www.namimd.org](http://www.namimd.org) or contact Erica at 410-884-8691 or [esullivan@namimd.org](mailto:esullivan@namimd.org). You can also contact your local affiliate or the NAMI National website at <http://www.nami.org>.

NAMI Maryland would like to thank every single person involved in the invaluable programs offered throughout the state. We appreciate your generosity and participation to help make all of this possible.

## NAMI MARYLAND MOVES!

There are so many new things happening at NAMI Maryland as its offices move to better serve our constituents throughout the State of Maryland.



The new location:

**10630 Little Patuxent Parkway, Suite 475  
Columbia, MD 21044**

**Phone: (410) 884-8691 | Fax: (410) 884-8695**

#### » **SAVE THE DATE**

**NAMI Maryland will host an Open House this Summer.  
Please plan to come out and see your new state offices!**

Evidence-based practice from page 3

Providers that are implementing EBP Supported Employment and maintaining high fidelity are doing so by following seven core principles:

- Eligibility is based on consumer choice.
- Supported Employment is integrated with Mental Health Treatment.
- Competitive employment is the goal.
- Job search starts soon after a consumer expresses interest in working.
- Follow-along supports are continuous.
- Personalized benefits counseling is provided.
- Consumers' preferences are important.

Following these principles enables consumers to receive integrated services, which includes collaboration with their mental health treatment and with DORS. It also ensures that every entity within the organization is supporting the goal of vocational rehabilitation.

Several programs in various jurisdictions in Maryland have achieved the status of high fidelity and are experiencing great success with helping people reach their potential. For its efforts in implementing this EBP with such rigor and success, Maryland's MHA was awarded a national Science and Service Award in 2007 by the Substance Abuse and Mental Health Services Administration (SAMHSA), a federal agency under the Health and Human Services Administration (HHS).

It is important that programs continue to receive information and training so that quality vocational services continue to be provided. As more programs embrace EBP Supported Employment and strive for the high fidelity status, employment outcomes in Maryland will continue to grow, and more lives will be positively impacted. Although there has been much success in Maryland, we continue to explore the needs and interests of not only the Supported Employment programs but the people who are participating in them.

In upcoming editions of this newsletter the EBP Center will describe other evidence-based practices supported by MHA. For more information about EBPs, go to the SAMHSA website at <http://mentalhealth.samhsa.gov/cmhs/CommunitySupport/toolkits/about.asp>.

To contact the authors, email Meka McNeal at [mmcneal@psych.umaryland.edu](mailto:mmcneal@psych.umaryland.edu) or Eileen Hansen at [ehansen@psych.umaryland.edu](mailto:ehansen@psych.umaryland.edu).

If your affiliate is making great strides in development, or you have a special event that you want to share, please let us know so we can recognize your efforts in the state newsletter! Please e-mail your news to Monica Anderson, [manderson@namimd.org](mailto:manderson@namimd.org).

We are so grateful for the support of **Active Minds at Maryland** and again sponsoring the NAMI Maryland Walks to Change the Minds of America in 2010! Get Excited!



## EVENT SPONSORS

### Gold Sponsor

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Mid-Atlantic Sports Network (MASN)

 **NAMI** Maryland  
National Alliance on Mental Illness

**ANNUAL MEETING**

**JUNE 17, 2010**

**Hickory Ridge Hawthorne Center**

6175 Sunny Spring  
Columbia, MD 21044

**SAVE THE DATE!**



Date	Event	Location
Saturday, May 1	NAMI Maryland Walks	<ul style="list-style-type: none"> <li>• College Park, Maryland</li> <li>• Baltimore, Maryland</li> </ul>
Thursday, June 17	Annual Meeting	Hickory Ridge Hawthorne Center
June 30 - July 3	NAMI National Convention	Washington Hilton
Summer 2010	Peer-to-Peer mentor training	TBD
Summer 2010	Family-to-Family teacher training	TBD

For more information on the events listed above please call the NAMI Maryland office at 410-884-8691 and ask for the listed contact or feel free to send us an e-mail at [info@namimd.org](mailto:info@namimd.org).



**NATIONAL CONVENTION**



**JUNE 30 - JULY 3, 2010  
WASHINGTON HILTON  
WASHINGTON, DC**

**RECOVERY AND REFORM:  
THE ROAD FROM HERE**

To register visit <http://www.nami.org/template.cfm?section=Convention>

**Join Public Policy Committee**

Help review bills, formulate positions, or write testimony. This is a chance to make your voice heard in Annapolis. Contact NAMI Maryland at [info@namimd.org](mailto:info@namimd.org). To view NAMI Maryland's Public Policy platform, go to [www.namimd.org](http://www.namimd.org).

**CONNECTIONS** is published quarterly by NAMI MD – National Alliance on Mental Illness of Maryland. Letters, articles, and responses are welcomed and encouraged. NAMI MD reserves the right to edit all submitted materials. Please submit all materials no later than the dates listed below:

- May 15, 2010 (Summer Issue)
- Aug. 15, 2010 (Fall Issue)
- Nov. 15, 2010 (Winter Issue)

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Lynn H. Albizo – *Executive Director*  
Monica B. Anderson – *Director of  
Development & Communications*  
Erica Sullivan – *Director of Programs*

Contribute to NAMI Maryland so that we can continue our mission to improve the quality of life for persons diagnosed with serious mental illnesses and their families.

I want to make a difference by:

- volunteering
- making a contribution (circle one) \$50 \$100 \$250 other \$ \_\_\_\_\_
- in memory of  in honor of  on the occasion of \_\_\_\_\_

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Telephone \_\_\_\_\_

E-mail \_\_\_\_\_

To join NAMI or to make online donations, go to our website at [www.namimd.org](http://www.namimd.org) or call your local affiliate. See page 3 for affiliate phone numbers.